2023 Course Brochure

Bachelor of Physical Activity for Health

ACPE
AUSTRALIAN COLLEGE OF PHYSICAL EDUCATION

"The work experience placements showed me the different opportunities in the physical activity and health industry – I just wanted to be a part of it and make a difference!"

Sarah McDonald
Bachelor of Physical Activity for Health

NSW CRICOS Provider #01822J

The Bachelor of Physical Activity for Health is for those wanting to pursue a career in health-related fields with a particular focus on physical activity and sport. The degree covers units that will enable you to take responsibility for planning, developing, implementing, and evaluating physical activity and health initiatives to help communities become more physically active and improve health outcomes This degree will develop the knowledge and skills required to be employed, in Government and community organisations and the private health sector promoting the importance of physical activity for health.

COURSE DURATION

3 years full time or part time equivalent.

STUDY MODE

On campus, selected units available online.

SEMESTER INTAKES

March and August annually on campus.

FEE-HELP

FEE-HELP Approved, Payment Plans, Upfront payment available.

Tuition payment arrangements must be confirmed upon admission to the college.

TRANSFER CREDIT

An applicant may apply for an assessment of their prior learning at the time of applying for entry to an award course of the college.

ENTRY REQUIREMENTS

Applicants must meet at least ONE of the following criteria to be considered for admission:

1. A minimum HSC (Higher School Certificate) or equivalent. ACPE will review the HSC results to determine if students require any additional support in their studies and will be counselled about the most appropriate course for them based on their own previous studies and results.
2. A qualification from a recognised higher education provider
3. An Associate Diploma, Diploma, Advanced Diploma, or Tertiary Preparation Certificate from a TAFE or other recognised VET provider qualification (Students wishing to enter through Certificate IV must have completed Year 11 or equivalent)
4. One year full-time or equivalent in a degree course at an Australian university
5. Satisfaction of entry requirements specified under formal articulation arrangements as determined by the ACPE Academic Board
6. A recognised overseas qualification with demonstrated proficiency in English
7. Demonstration to the Dean's satisfaction of good selection prospects as a student (for example, relevant work experience and motivation to study), and ineligibility to compete for admission based on the academic achievement criteria (1) to (6)

ALTERNATE ENTRY

An applicant seeking admission who is unable to demonstrate that they satisfactorily meet the General Admission Criteria above may apply to the College to be considered for Alternate Entry. The applicant may be requested to provide evidence that will demonstrate they have a reasonable likelihood of success in studies with the College. This includes mature entry (over 21 years) with relevant experience, elite athletes with interrupted study due to sports commitments, and any other potential applicants who may not meet the criteria above. Entry with advanced standing through educational pathways (e.g. RPL or credit transfer) may also be available based on previous study.

For students who have left school but who haven't completed their HSC and are under 21 years of age, ACPE has an alternative entry pathway to allow potential access to an ACPE degree. For more information head to acpe.edu.au/admissions/early-entry/

ASSESSMENTS

While some units require mid-term and final exams, assessments may also be authentic and practical to prepare you for the workplace. Students enrolled in an online unit sit their final exam at the College or if they live at a distance, under external supervision.

ONLINE LEARNING

Selected units available online **for students enrolled in courses that are not fully online**. Online units in these courses are taught with a viable cohort of students. If the cohort in these units is too small to ensure an optimal student experience, the College reserves the right to alter the delivery mode to on campus or mixed mode.

CAREER OPPORTUNITIES

Students will develop the skills to work professionally in physical activity and health careers. Examples roles include:

- Community Engagement Officer
- Policy Support Officer
- Health and Wellbeing Manager
- Open Space Planner
- Physical Activity or Sport Development Officer
- Association or Club Development Officer
- Community Sport Development Manager
- Council Sport and Recreation Officer
- Other positions within government, private or NGOs

FEE-HELP Available

Flexible Study Modes Available

Full Time or Part Time Study Load

BACHELOR OF PHYSICAL ACTIVITY FOR HEALTH

FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Pre-req	Online	Campus
SEMESTER 1 – 1ST YEAR							
GHS1301	Understanding Health	4	6	0.125			✓
GHS1201	Health Priorities for Australia	3	6	0.125		✓	✓
HSC1104	Skill Acquisition	3	6	0.125			✓
PER1111	Physical Literacy for Children & Young People	3	6	0.125			✓
SEMESTER 2 – 1ST YEAR							
GHS2206	Health & Physical Activity: A Sociological Perspective	3	6	0.125	GHS1301	✓	✓
HSC1206	Physiology of Human Movement	3	6	0.125			✓
HSC1202	Musculo skeletal Anatomy & Physiology	3	6	0.125			✓
PER1208	Pedagogy for Physical Education & Sport	3	6	0.125			✓
SEMESTER 3 – 2ND YEAR							
PER2102	Professional Communication	3	6	0.125	GHS1301	✓	✓
GHS1102	Foundations of Health Promotion	3	6	0.125		✓	✓
HSC1105	Exercise Prescription	3	6	0.125			✓
GHS2106	Inclusive Health & Physical Activity	3	6	0.125	PER1111		✓
SEMESTER 4 – 2ND YEAR							
SPB2206	Leadership	3	6	0.125	GHS1301	✓	✓
HSC1208	Nutrition as Medicine	3	6	0.125			✓
HSC2204	Evidence Based Practice	3	6	0.125	HSC1104	✓	✓
GHS3205	Promoting Physical Activity	3	6	0.125	GHS2106		✓
SEMESTER 5 – 3RD YEAR							
PER3108	Event Planning & Program Management	3	6	0.125	PER2102	✓	✓
HSC2107	Psychology of Behaviour Change	3	6	0.125	GHS1301	✓	✓
WIL4101	Work Integrated Learning 1	3	6	0.125	GHS3205	✓	✓
ELECTIVE	Choosen from the elective options provided						
SEMESTER 6 – 3RD YEAR							
GHS3206	Program Planning	3	6	0.125	GHS2106	✓	✓
HSC3205	Exercise is Medicine	3	6	0.125	HSC2107	✓	✓
WIL4201	Work Integrated Learning 2	3	6	0.125	WIL4101	✓	✓
ELECTIVE	Choosen from the elective options provided						
ELECTIVE OPTIONS							
GHS2107	Health Promotion Strategies	3	6	0.125	GHS1102		✓
PER2101	Composition & Performance	3	6	0.125	PER1111		✓
GHS2301	Professional Integrity	3	6	0.125	GHS1301	✓	✓
PER2301	Athletics & Aquatics	3	6	0.125	HSC1202		✓
PER3206	Research in Action	3	6	0.125	HSC2204	✓	✓
HSC2202	Nutrition, Health & Sporting Performance	3	6	0.125	HSC1208		✓
HSC3203	Sports Medicine	3	6	0.125	HSC1202		✓
SPB3202	Entrepreneurship in the Sport Industry	3	6	0.125	SPB2206	✓	✓
SPB2203	Sport & Human Resource Management	3	6	0.125	GHS1301	✓	✓

Bachelor of Physical Activity for Health can be used as a pathway into the **Bachelor of Education (Physical & Health Education)**

Students wanting to transfer to the Bachelor of Education (Physical & Health Education) must do all units on campus and meet the entry criteria following the completion of the first 8 units.

HOW TO APPLY?

Domestic Students
1300 302 867
Apply online at acpe.edu.au

International Students
+61 2 9739 3314
international@acpe.edu.au

Code	Unit Title	Description
SEMESTER 1		
GHS1301	Understanding Health	This unit provides students with an understanding of the determinants of health including the biological, social and environmental factors that shape the health of individuals and populations. It is also designed to equip students with the foundational academic learning, numeracy and literacy skills required for success in all aspects of their studies.
GHS1201	Health Priorities for Australia	This unit examines the influences on Australians' health and wellbeing. The unit explores the National Health Priority Areas of Australia, investigating risk and protective factors which contribute to these health priorities. In addition, the unit explores current government and non-government strategies which focus on improving the health of all Australians.
HSC1104	Skill Acquisition	This unit provides students with the theoretical background and practical experiences that allow them to understand how the acquisition of motor skills affects performance. Students will explore the mechanisms that underpin motor learning principles, identify factors that affect the learning and development of motor skills and apply these principles to a number of different practical settings.
PER1111	Physical Literacy for Children & Young People	This unit introduces physical literacy as an important determinant of lifelong learning through movement and physical activity. It is directly concerned with examining why and how physical literacy delivers physical, psychological, social and cognitive benefits for children and young people, and contributes to an individual's health and wellbeing.
SEMESTER 2		
GHS2206	Health & Physical Activity: A Sociological Perspective	This unit explores the concept that health is a result of particular historical, social, cultural, political and economic circumstances. As such, the unit adopts the social model of health and investigates sociological issues and their influence on shaping individuals' knowledge, attitudes and beliefs about health and physical activity; and how these factors may lead to health inequalities within population groups.
HSC1206	Physiology of Human Movement	This unit provides students with detailed knowledge of physiology as a foundation for exploring human movement. Students will cover physiology from cellular to systems level and examine how homeostasis is maintained in the human body at rest, and physiological responses during exercise.
HSC1202	Musculo-skeletal Anatomy & Physiology	This unit provides students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the neuro-musculoskeletal system relevant to human movement.
PER1208	Pedagogy for Physical Education & Sport	This unit explores models of pedagogy that can be used in teaching physical education. Teacher Education students will experience a range of different teaching approaches across a continuum from a teacher-centred approach focusing on the mastery of skills, through to student-centred approaches. The unit will develop in teacher education students an understanding of the principles and effective practices in teaching contemporary physical activities, games and sports through the different approaches.
SEMESTER 3		
PER2102	Professional Communication	This unit will introduce effective communication required in individual and group processes and how they affect people in organisations. Major theories and models in key areas of communication will be examined including group dynamics, organisational relationships, leadership, feedback, risk, conflict, power, strategy, and structure and change management.
GHS1102	Foundations of Health Promotion	This unit provides students with fundamental knowledge and understanding of health promotion concepts and issues. The unit introduces principles and practice of health promotion, with an emphasis on addressing inequities in the social, economic, biological and environmental determinants of health. Key health issues and strategies for optimising the health of individuals and populations are explored.
HSC1105	Exercise Prescription	This unit introduces students to the principles of exercise prescription. Students will learn about the risks associated with exercise and how to manage these risks using pre-screening and testing procedures. This foundational knowledge will assist in the development of individually tailored exercise prescription programs for the apparently health population, whose goals are to improve overall health, physical fitness and performance.
GHS2106	Inclusive Health and Physical Activity	Students will examine the physiological, psychological and sociological characteristics of diverse populations and identify specific health and physical activity issues related to each. Students will then explore how physical activity can be adapted to promote life-long health and participation in physical activity. Students will critically evaluate the role, contribution and responsibilities of government, community and health professionals in promoting health and physical activity for diverse populations.
SEMESTER 4		
SPB2206	Leadership	This unit develops students' understanding of leadership in professional contexts, so that students will be able to identify, critically evaluate and develop leadership. The unit equips students with the ability to apply theories, frameworks and concepts from academic literature and professional practice, to analyse and understand the leading of organisational change. Students will also gain the skills to utilise instruments and strategies through which leadership can be measured and developed.
HSC1208	Nutrition as Medicine	This unit develops students' understanding of food, nutrition and health, including food sources of nutrients, food and nutrient recommendations for health and methods for measuring food intake and behaviour. Students will also examine the role of macronutrients and key micronutrients in energy balance and general wellbeing throughout the life course and their contribution to the development of diet related disease.
HSC2204	Evidence Based Practice	This unit develops students' understanding of the literature review process, research ethics, study design, the principles of evidence-based practice and their impact. This will provide students with the ability to critically evaluate research and its subsequent implementation, as well providing a strong theoretical basis for those students aiming to undertake their own research in future.
GHS3205	Promoting Physical Activity	This unit examines the social and economic impacts of physical activity and its potential function in disease prevention and treatment as well as the role of physical activity in promoting and maintaining public health. The complexities of health promotion in various settings and contexts and the potential for participation in physical activity to both alleviate and exacerbate contemporary health issues will be explored.
SEMESTER 5		
PER3108	Event Planning & Program Management	This unit provides students with an overview of the management principles associated with event planning and project management. The unit investigates the fundamental principles required to successfully manage an event or project, and provides the framework of planning, design and marketing, research and development, conflict resolution and problem solving.
HSC2107	Psychology of Behaviour Change	This unit develops critical understanding of the relationship between health and behaviour and the importance of theory for understanding and changing health behaviour. Students will the develop an understanding of social and behavioural theories that explain participation in health behaviours and form the background for promoting health and preventing ill health. Students will also develop the skills to bring about change in health-related behaviours through educational interventions.
WIL4101	Work Integrated Learning 1	This Work Integrated Learning (WIL) Placement reinforces and consolidates the knowledge developed in previous coursework. Students will apply this knowledge and develop the practical and professional skills required for working in their chosen field during a Work Integrated Learning placement.
ELECTIVE		ELECTIVE OPTIONS: GHS2107 Health Promotion Strategies, PER2101 Composition and Performance, GHS2301 Professional Integrity, PER2301 Athletics and Aquatics, PER3206 Research in Action, HSC2202 Nutrition, Health and Sporting Performance, HSC3203 Sports Medicine, SPB3202 Entrepreneurship in the Sport Industry, SPB2203 Sport & Human Resource Management
SEMESTER 6		
GHS3206	Program Planning	In this unit, students will draw on foundational knowledge of the concepts, theories and values of health promotion to develop their own health promotion action plan for an intervention based on a needs assessment. Students will also learn how to communicate with the target population of their intervention, using electronic mass and or/social media.
HSC3205	Exercise is Medicine	This unit teaches students to prescribe safe, appropriate and effective exercise programs for each stage of the lifespan and common chronic conditions. Students will develop an understanding of the role of exercise professionals in healthy aging and chronic disease prevention and management, and provide them with the resources to assess, manage and refer patients as necessary.
WIL4201	Work Integrated Learning 2	This Work Integrated Learning (WIL) Placement reinforces and consolidates the knowledge developed in previous coursework. Students will apply this knowledge and develop the practical and professional skills required for working in their chosen field during a 150-hour placement which commenced in the unit WIL4101.
ELECTIVE		ELECTIVE OPTIONS: GHS2107 Health Promotion Strategies, PER2101 Composition and Performance, GHS2301 Professional Integrity, PER2301 Athletics and Aquatics, PER3206 Research in Action, HSC2202 Nutrition, Health and Sporting Performance, HSC3203 Sports Medicine, SPB3202 Entrepreneurship in the Sport Industry, SPB2203 Sport & Human Resource Management. **For unit descriptions of electives, please visit the ACPE website: acpe.edu.au**